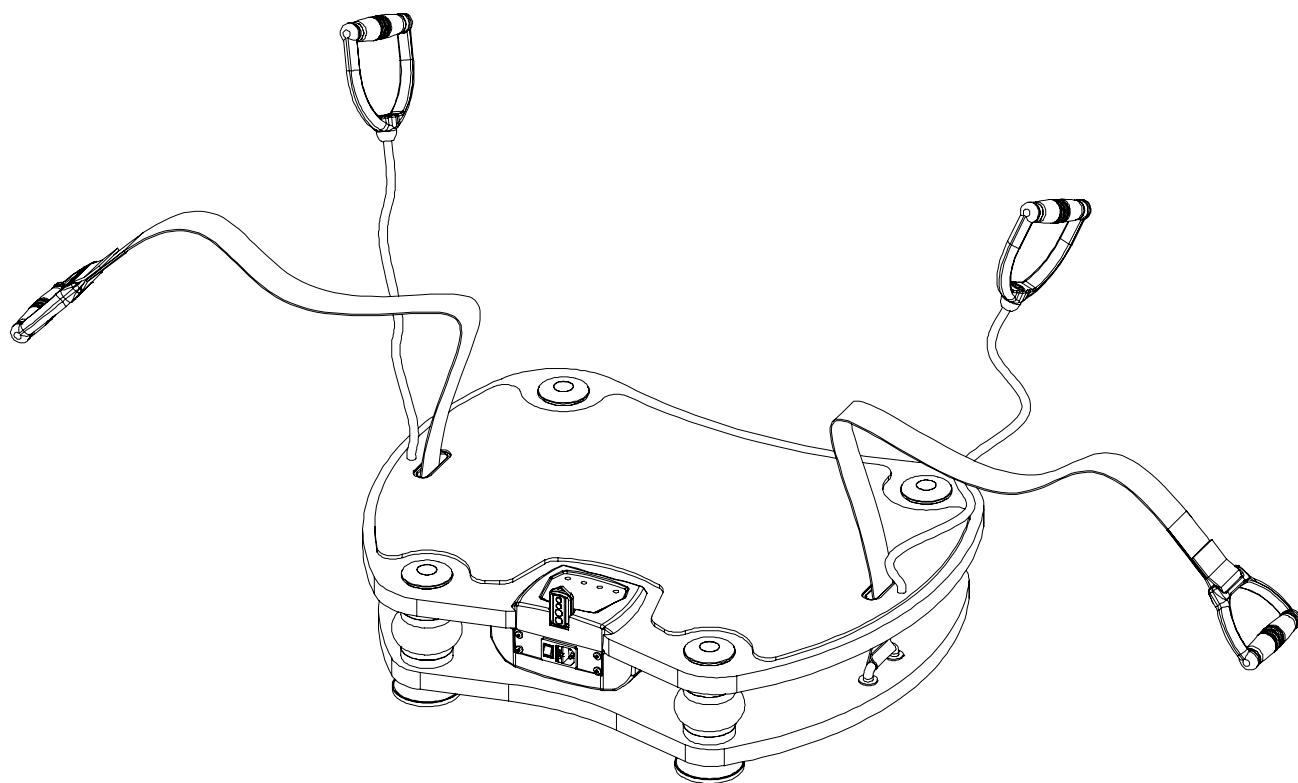


Home Pro 2



User manual

1. Safety Instructions

☆ATTENTION

Always consult with your physician FIRST before starting any exercise program. Please do not use this product if you have any of the following conditions:

- Acute arthritis & rheumatoid arthritis
- Detached Retina
- Cardiovascular disease
- Epilepsy
- Acute migraine
- Pregnancy
- Other serious diseases
- Keep children under age 12 and pets away from the vibration platform at all times.

STOP use of this product immediately if you encounter any discomfort or if the machine is not functioning properly.

1. Instructions de sécurité

☆ATTENTION

Veuillez ne pas utiliser cet appareil si vous souffrez de l'une des maladies ou si vous êtes dans l'un des états ci-dessous. Consultez toujours votre médecin en PREMIER avant de démarrer un programme d'exercice.

- Arthrite ou polyarthrite rhumatoïde grave
- Rétine Détachée
- Maladie cardiovasculaire
- Épilepsie
- Migraines graves
- Femme enceinte
- Autre maladie grave
- Gardez les enfants de moins de 12 ans et les animaux à distance de la plateforme vibrante.

Veuillez CESSER immédiatement l'usage de cet appareil si vous constatez une gêne ou si l'appareil ne fonctionne pas correctement!

CONSOLE OPERATION

CONSOLE KEYS:

1. **ON/OFF** = **START** or **STOP** vibration
2. **MODE** = Auto-Programs
3. **+/-**: **ADJUST FREQUENCY** or **TIME**



GETTING STARTED

1. Plug the power cord into the socket on the machine and the other end of the cable into the electric wall socket. Turn on the power switch. If you are not going to be using the equipment for a long time, please turn off the power switch.
2. Press the **"ON/OFF"** key to activate the console, the equipment will start to vibrate, and time will count down from 5 minutes to 0.
3. While the equipment is vibrating, you can press **"+"** or **"-"** to increase or decrease speed.

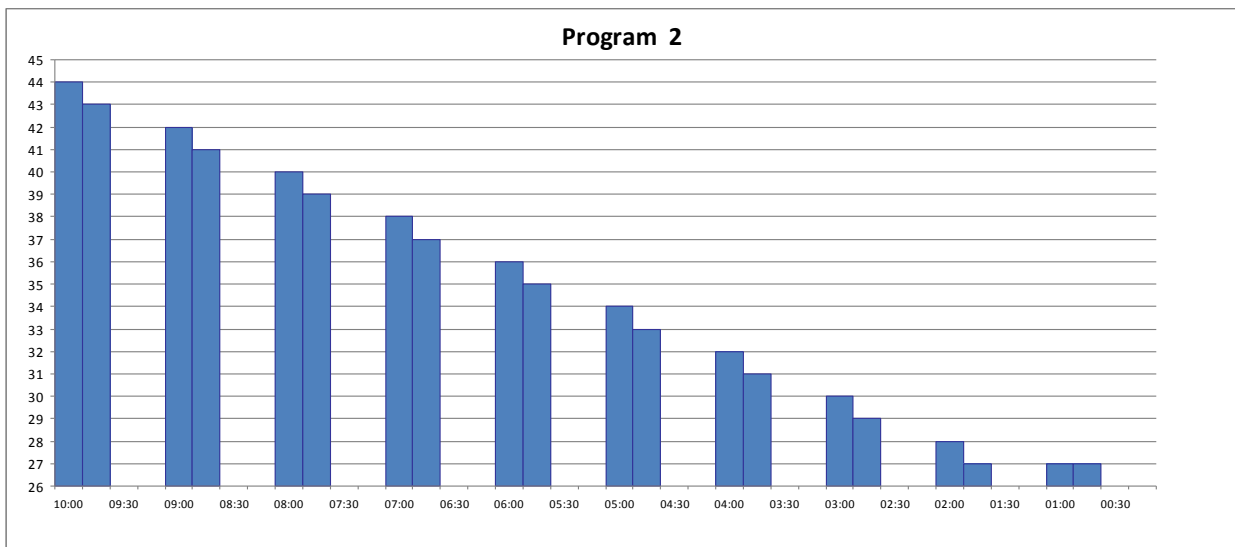
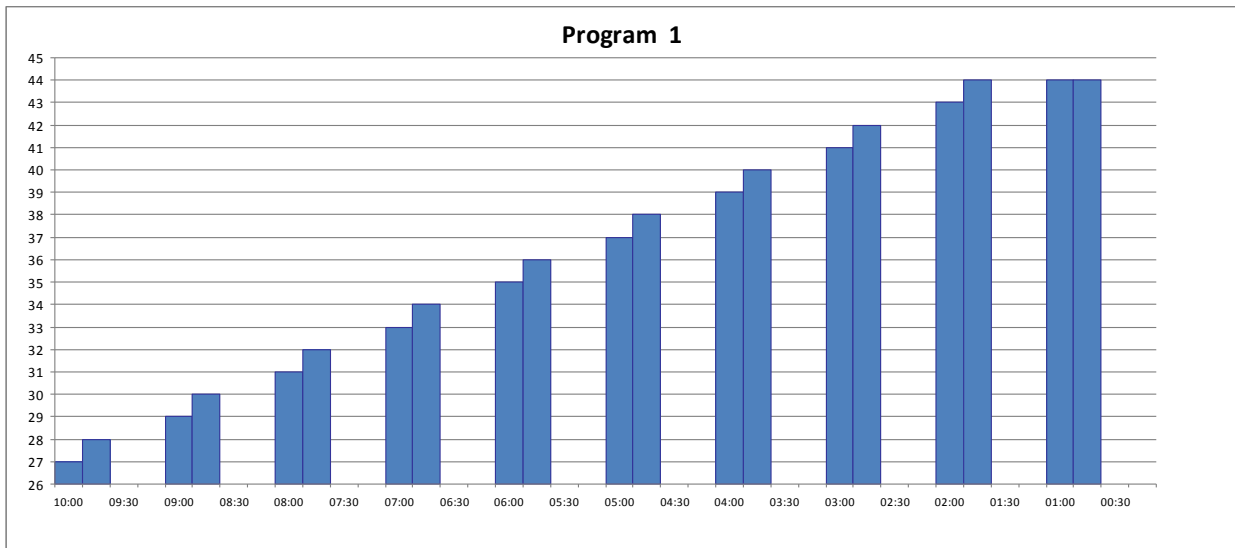


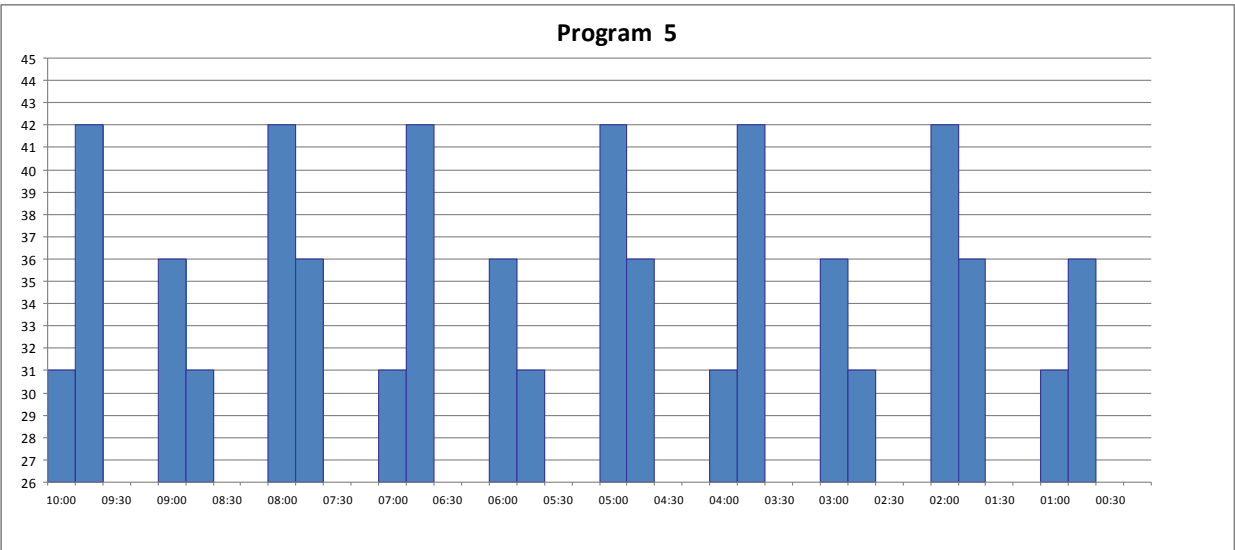
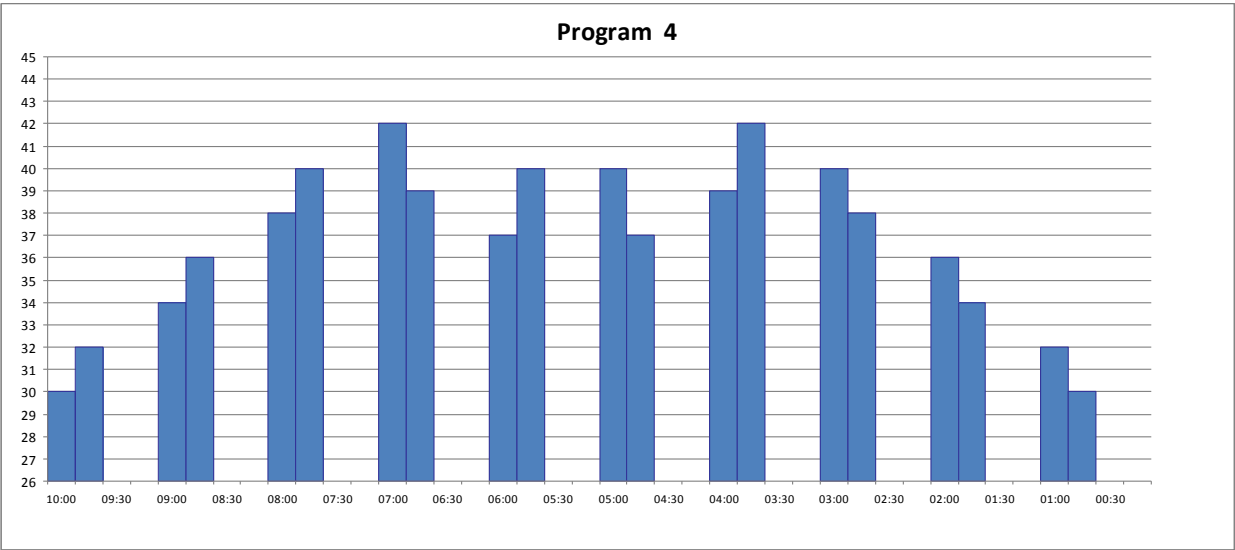
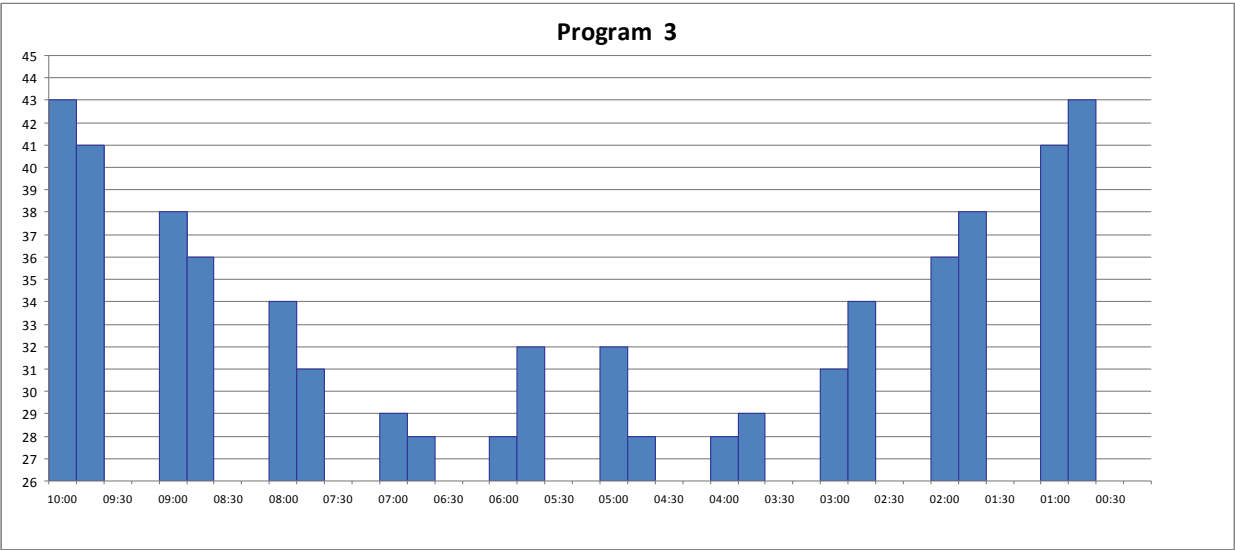
Auto-Programmed Settings

While the equipment is on, press **"MODE"** to choose from P1 to P5 by pressing **"+ / -"**, and press **"ON/OFF"** to start the desired auto-program. Each auto-program is a pre-determined pattern of vibration speeds. The program settings are explained below.

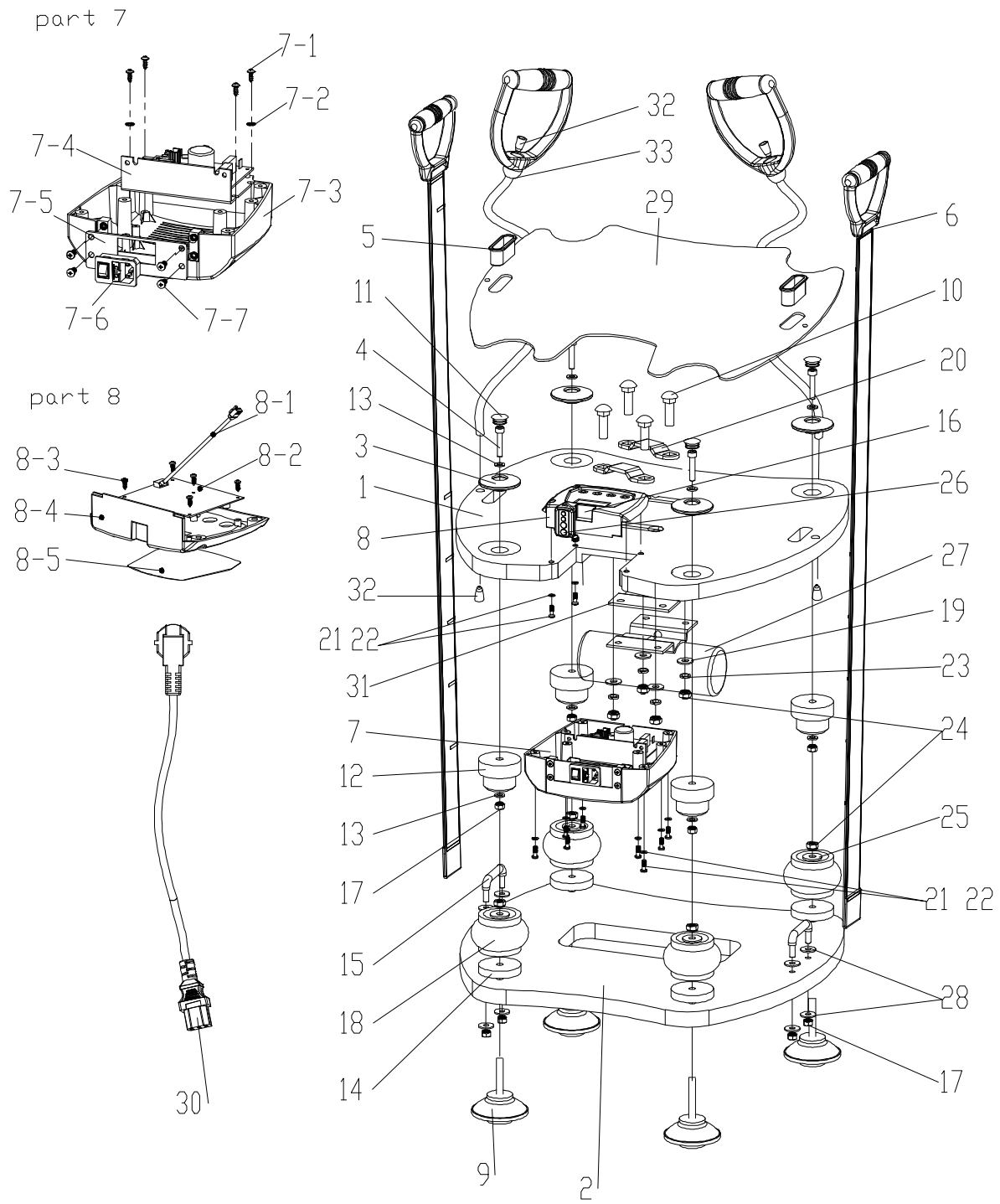
PROGRAMS

Program	Exercise time	Frequency
01:00	1 (min)	The frequency can be altered while exercising through the "+" e "-" keys
03:00	3 (min)	
05:00	5 (min)	
10:00	10 (min)	
P1	10 (min)	Pre-defined program Time and frequency cannot be altered Profile according to following graphs
P2	10 (min)	
P3	10 (min)	
P4	10 (min)	
P5	10 (min)	





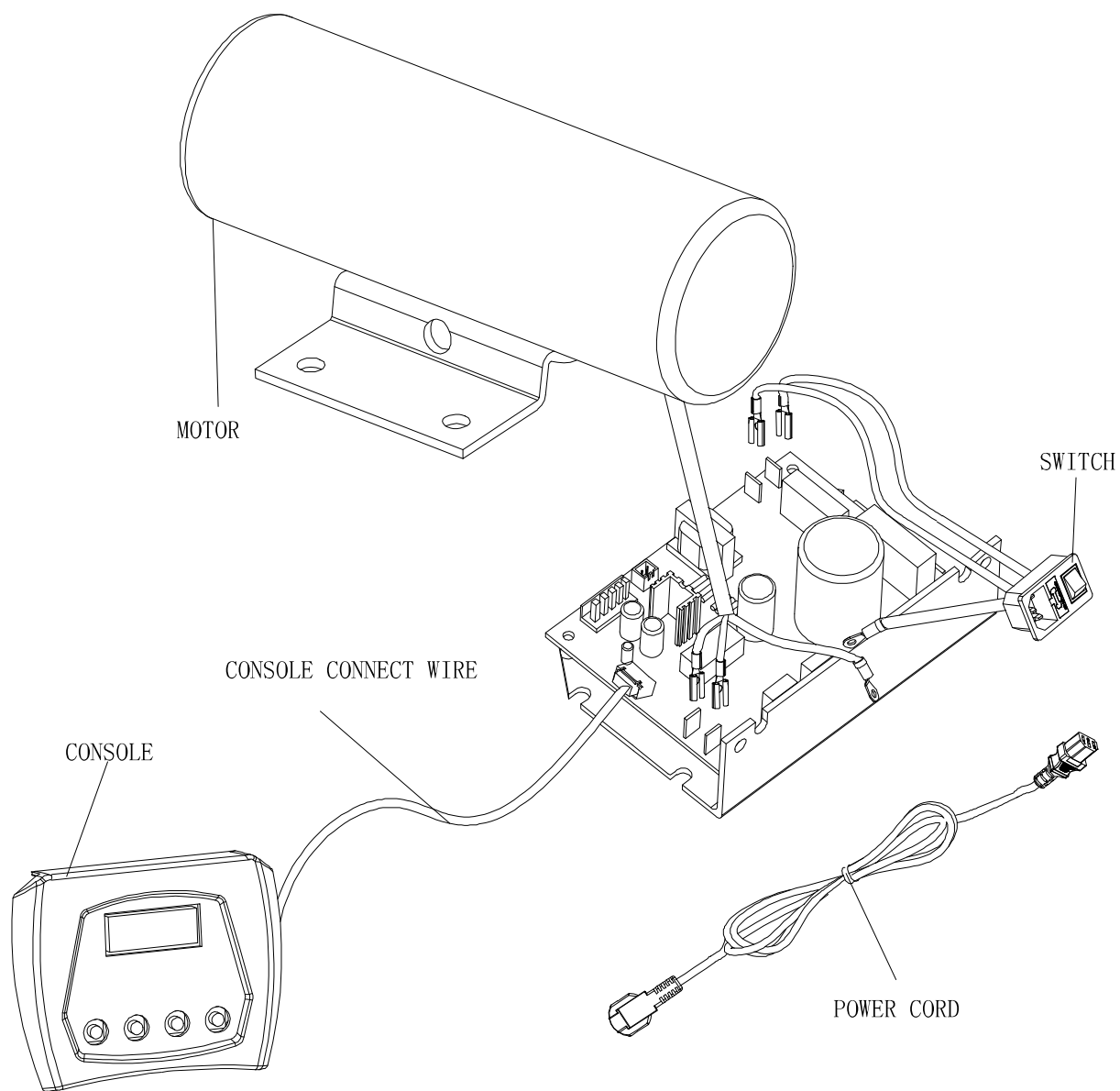
EXPLODED DRAWING



Part list

No	Name	Description	Q'ty	No	Name	Description	Q'ty
1	Upper wooden plate	766*600*25	1	12	Upper rubber cushion	ø66*ø11*47	4
2	Lower wooden plate	726*568*25	1	13	Flat washer	ø9*ø16*1.6	8
3	Form end cap	ø65*ø26*18	4	14	Circle rubber cushion	ø66*ø10*12	4
4	Bolt	M8*45	4	15	Metal hole for strap	82*48*M8	2
5	Cover for strap	50*25*R12.5*28	2	16	EVA mat	25*19*2	1
6	strap		2	17	Nut	M8	8
7	A set of lower console		1	18	Lower rubber cushion	ø89.5*ø66*59	4
7-1	Bolt	ST4.2*13	4	19	Flat washer	ø10	4
7-2	Tooth washer	ø5	2	20	Support plate for motor	93*23*3	2
7-3	Cover of lower console		1	21	Bolt	M5*15	12
7-4	Control box		1	22	Flat washer	ø5	12
7-5	Fix plate		1	23	Spring washer	ø10	4
7-6	Switch		1	24	Nut	M10	8
7-7	Bolt	M5*10	4	25	Big washer	ø30* ø10.5*2.5	4
8	A set of upper console		1	26	Remote controller		1
8-1	Connect wire		1	27	Motor		1
8-2	PCB		1	28	ø8 big washer	ø24* ø8.4*2	8
8-3	Bolt	ST3*8	4	29	Non-slip mat	736*509*5	1
8-4	Cover of upper console		1	30	Power cord		1
8-5	sticker		1	31	EVA mat for motor	95*40*3	2
9	Rubber foot	ø88*ø60*M10	4	32	Elastic cord		2
10	Bolt	M10*40	4	33	Plug for elastic cord	ø13.5*16	4
11	End cap for foam	ø25*2	4				

CIRCUIT DIAGRAM



Benefits of Whole Body Vibration

Health Advantages

- Increases "FEEL GOOD" Hormones (Endorphin, Serotonin, Neurotrophin)
- Increases Human Growth Hormone (HGH)
- Reduces Lower Back Pain
- Reduces Strain on Joints, Ligaments, and Tendons
- Increase Range of Motion
- Helps Prevent Osteoporosis
- Rehabilitate Injuries and Ailments
- Improve Detoxification

Wellness Advantages

- Increases and Oxygenates Blood Flow in All Skeletal Tissues
- Increases Blood Flow in Dermal Tissues
- Increases Flexibility
- Increases Balance Mechanism (Proprioceptive System)
- Reduces Stress and Effects of Stress
- Reduces Arthritic Pain
- Relieves Menopausal Symptoms
- Increases Energy
- Increases Libido

Fitness Advantages

- Increase Muscle White Fiber (Explosiveness)
- Increase Muscle Strength and Performance
- Decrease Recovery Time
- Remove Lactic Acid from Muscles
- Accelerates Weight Loss

Beauty Advantages

- Increases Collagen (Smoother Skin)
- Helps Reduce Cellulite and Varicose Veins
- Tightens Facial Muscles
- Facilitates and Accelerate Weight Loss
- Localized Fat Burning
- Lymph Drainage
- Toned Muscles

PowerVibe Health & Wellness

PowerVibe™ is more than a company that just sells you a Whole Body Vibration (WBV) machine. We are here to support you in your pursuit of a healthier, happier, and more fulfilling life.

For hundreds of years doctors have agreed that there are 5 basic components of better Health and Wellness:

- Proper Food
- Rest
- Cardio-Vascular Exercise
- Strength Training
- Flexibility Training

WBV will let you address Strength and Flexibility Training. And if you are getting into the advanced exercise routines you can even achieve cardio work-outs with WBV.

With its user friendliness and easy accessibility, WBV training undoubtedly can help you stay on track in your quest to live a healthier life. It is fast, simple, easy to learn, and best of all it is safe! PowerVibe™ is here to assist you in this journey. We're here for you!

History of WBV

Whole Body Vibration (WBV) technology originated in Europe and has been an evolving technology for the past 50 years. Sweden, Italy, Germany, and Russia have contributed immensely to the progression of WBV research and development for the purposes of fitness and rehabilitation. Many scientific research studies have been performed which validate the benefits of WBV with respect to bone density and fighting osteoporosis, increased blood circulation, more efficient muscle toning, and much more.

The United States has been slow to adopt WBV mainly because it has only been accessible to the wealthy and elite. WBV was developed in Europe, so naturally it's much more common there. In the US high end health clubs, professional sports teams, and prestigious medical facilities have been using WBV in the US for years, but a quality and affordable WBV solution has not been available until now. PowerVibe's mission is to make the positive health and wellness benefits of WBV available to everyone!

How WBV works

The science behind how and why WBV works is actually quite simple. Imagine, with WBV you are standing (or sitting) on a platform that is rapidly moving up to 50 times a second. Naturally, your body must react to the external stimulus of the rapidly moving platform. Since the vibrating platform is constantly moving, all the muscles in your body must also constantly compensate for the movement. Your muscles are rapidly stretching and contracting as a result of the vibrations. This is why your body fatigues much faster when doing workouts on WBV equipment as opposed to conventional workouts.

WBV stimulates your brain and helps improve balance and stability because the rapidly moving platform forces your mind to react to the new variable you've given it. Just standing on the vibrating platform will force all of your stabilizer muscles to react and fatigue from keeping you in one position.

- **Wellness**

WBV increases your blood flow and oxygenation to your entire body. In order for a muscle to do any contraction, it needs to burn glucose and oxygen which are both in your blood. As muscle contractions increase, so does the need for oxygen and glucose for the muscle. Your body supplies it by increasing your heart rate to get the necessary nutrients to the muscle. Improved circulation of blood and oxygen increases your body's ability to absorb good nutrients, respond to hormones, and eliminate waste.

- **Physical Therapy and Rehabilitation**

WBV makes normal strength and flexibility training more effective. Many medical doctors, physical therapists, and chiropractors have embraced WBV when treating patients recovering from injuries because WBV can speed up the recovery process and actually make muscles stronger in the end. Because WBV increases circulation and muscle activity at the cellular level, you can heal from injuries in less time. WBV has also been used to treat a number of conditions such as arthritis, multiple sclerosis, osteoporosis, Parkinson's disease, cerebral palsy, stroke, and scoliosis.

- **Athletic Training**

Strength, flexibility, balance, and coordination are all key aspects to athletic performance. WBV can be used to stimulate an athlete's adaptive response to performance-driven activities. WBV training routines can be as challenging as you make them and the versatility of the vibrating platform allows you to target any part of the body. Athletes who train with WBV are faster, more explosive,

less prone to injury, and ultimately more competitive.

- **Health & Fitness**

Conventional workouts at gyms and health clubs just aren't realistic for most people. Aside from the costly expense, waiting for machines, and being overwhelmed by the entire gym atmosphere, getting to and from the gym is often enough to keep most people at home. With WBV training, you can get a full body workout in just 10 minutes a day, 3-5 days a week. Training with your PowerVibe™ will lead to more efficient and effective workouts. You'll be sleeping better at night and have more energy during the day!

- **Corporate**

Are you hunched over a computer all day? Do you rarely take lunch breaks away from your desk? You're probably stressed out and generally feel "tight". WBV is perfect for loosening up your entire body and relieving pent up stress. Standing on a PowerVibe™ even for just a few minutes will supercharge all the cells in your body and give you energy to continue working. This is why many corporations are including WBV equipment in corporate fitness centers. Because WBV is safe, fast and highly effective, it's become a great solution for boosting employee health.

- **Anti Aging**

Whole Body Vibration will supercharge every cell in your body with energy you never knew you had. Increased blood circulation sending oxygen throughout your body means healthier looking skin, less wrinkles, reduced swelling, and stronger joints.

WBV Training Basics

In order to maximize your desired result in improved health and wellness from your new PowerVibe™, follow these training tips.

To be certain, vibration exercise is much more effective than conventional exercises. Workout times can be drastically shortened – you can accomplish the same results in 10 minutes what would take you 60 minutes with conventional exercise. This is true because WBV requires your body to constantly respond to the rapidly moving platform beneath you.

3 factors determine how effective and challenging your training sessions are with your PowerVibe™:

- 1) The frequency (rate of vibration),
- 2) The position or posture you assume, and
- 3) The amount of time you spend holding a given position.

Static vs. Dynamic Exercises

It is also important to note here that exercises can be done statically or dynamically. Static exercises are more appropriate for beginners or when starting to rehabilitate from an injury. Dynamic exercises are great if you are looking to make an exercise more challenging.

- Static exercise: Holding a pose in a position without moving while the WBV machine is on
- Dynamic exercise: Moving while the WBV machine is on (e.g. performing push-ups, squatting up and down)

Detoxification and Proper Hydration

WBV training with your PowerVibe™ does more than just build strength or increase metabolism. It also detoxifies your internal organs and cells. As your metabolism increases, cells begin to function better again and they start to expel accumulated wastes and toxins. This waste gets deposited into the blood stream and then gets processed by the liver, kidneys, large intestines, skin and lungs. This kind of detoxification can cause feelings of fatigue, exhaustion, headaches, nausea and flu-like symptoms. If you experience these symptoms, you now know that this is actually a good sign. It's a sign that the body is releasing toxins and is on its way to recovery.

You can help this process of detoxification by making sure that you are sufficiently hydrated before and after your PowerVibe™ work-outs. I recommend

drinking $\frac{1}{2}$ of your body weight in ounces of water per day. For example, if you weigh 160 pounds, drink 80 ounces of water every day.

Progressive Training Plan

PowerVibe™ recommends a progressively phased in exercise protocol for incorporating WBV training into your routine. As your body adapts to this new form of exercise it will become more and more difficult as you continue to challenge yourself with your PowerVibe™ unit. As your training progresses:

- 1) Extend the time of each exercise
- 2) Reduce the rest period between exercises
- 3) Increase the number of sets per exercise
- 4) Perform exercise statically (standing still) then dynamically (moving)
- 5) Add more challenging exercises
- 6) Increase the frequency (Hz)
- 7) Incorporate unilateral exercises (perform exercise on one leg)

Before your work-out

It is recommended that rubber soled athletic shoes be worn when standing on the vibrating platform, however you can wear socks or use it barefoot if you desire.

Prior to stepping up on the PowerVibe™ platform, do a short warm-up routine to get your blood flowing and muscles warmed up. This only takes 2 minutes and can be done easily with a brisk walk around your place, bouncing on an exercise ball, jumping jacks, or even just standing windmills. The point is, warm up a little bit before getting on the WBV platform.

Once you step onto your PowerVibe™ unit, bend your knees slightly. Start the unit on a low setting and just stand for about 1 minute. This will allow your body to get settled in and initiate your lymphatic tissue to flow easier.

Additional Recommendations

- If any contraindications apply to you, do not use your PowerVibe™ WBV equipment without first consulting your physician.
- If you ever feel faint, light-headed, or dizzy, stop exercising immediately.
- Before using your PowerVibe™, inspect the equipment for broken or worn parts.
- Don't wear jewelry while using your PowerVibe™.
- Beginners should reference the Beginners guide in this manual.
- Do not over-train. Too much of anything is not good.
- Wear athletic shoes with ¼ - ½ inch rubber soles and athletic sportswear.
- Some users prefer wearing gloves or using a mat when performing exercises where body parts other than your feet touch the vibration platform.
- Properly hydrate yourself before, during, and after training.
- For exercises that are performed with one side of the body (unilaterally), repeat the exercises with the same intensity and technique on both sides of the body.
- Never put your head or stomach on the vibrating platform.
- Always position your bodyweight in the middle of the platform.
- Use proper form and technique when performing dynamic exercises.
- Be careful when stepping on or off the platform.



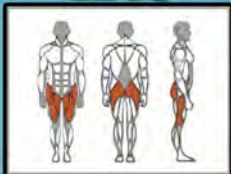
ProHome

BEGINNER

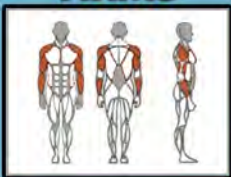
INTERMEDIATE

ADVANCED

LEGS



ARMS



ABS



BALANCE



STRETCHING & RELAXATION

